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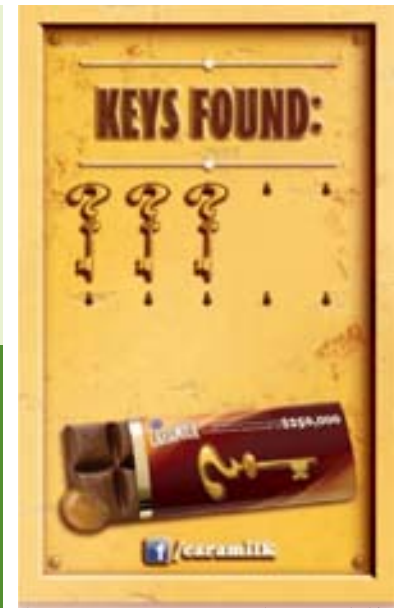
{page 18}

**LESSONS FROM AMY  
COLD TURKEY NOT THE  
WAY TO QUIT BOTTLE,  
EXPERTS SAY** {page 17}



**MOOSEHEADS  
FINALLY GET  
THEIR MEN  
VIA TRADES**

{page 20}



THESE ARE NOT THE OFFICIAL RULES. NO PURCHASE NECESSARY. Contest closes August 28, 2011. Look inside for 1 of 10 Winning Keys for a Traveler Tray, consisting of (1) a Traveler Tray (MSRP \$2,620) and (2) a yearly supply of Caramilk bars (MSRP \$4.95) for 25 years OR change for \$10,000. Odds no less than 1 in 1,630,933. Traveler Tray no less than a 1 in 10 chance to win up to \$250,000. Must be age of majority. Skill-testing question required. Full rules at caramilk.ca or call 1-866-782-5267. Trademark, used under license.

HALIFAX

**metro**

Tuesday, August 2,  
2011  
www.metronews.ca



News worth  
sharing.

**Natal. Day**



► Papa Smurf, Smurfette and Bratty Smurf walk around at the Pirates of Sullivan's Pond Family Fun Day yesterday. The trio, also known as Stephen Arnold, Colby, 9, and Chloe, 10, were a hit with the Natal Day crowd. More coverage, page 4.

RYAN TAPLIN/METRO

**Smurfs paint the town blue**

## Council mulls next phase of stadium study

- Proposed project is far from a done deal, as council can still decide not to proceed after the Phase 2 study is complete
- Phase 1 included 17 public meetings, drew approximately 200 citizens



**ALEX  
BOUTILIER**  
@METRONEWS.CA

Halifax regional council will decide whether to move ahead with the next stage of a study on a proposed 10,000- to 20,000-seat stadium today.

The Phase 1 study into the viability of a Halifax stadium was released to the public on Friday. Both the steering committee study — led by a group of citizen volunteers — and a staff report from chief administrative officer Richard Butts recommends moving forward with the study at a cost of \$275,000.

"In order to have a full understanding of costs, benefits and risks associated with a potential multi-use stadium for the Halifax Regional Municipality, (it is recommend-

ed that) regional council approve the recommendation to proceed to the Phase 2 analysis," reads the steering committee's report.

The first phase, which began in March, was meant to feel out the business case and viability for a stadium. Based on a 10,000-permanent-seat model, the committee gave a conservative estimate of a net operating loss of \$475,000 a year for the facility — but estimated economic spinoffs to total between \$3.5 million and \$5.3 million annually.

The second phase of the study, which would run from September to December, would look closer at the business cases identified in the Phase 1 report, as well as site selection and design issues. A third phase would be undertaken pending the results of that study.

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**2011 Dodge Grand Caravan Crew shown.<sup>5</sup>**



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# RAM

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## Girl killed in Cape Breton ATV accident

Police say a 17-year-old Nova Scotia girl is dead after an all-terrain vehicle accident in Cape Breton.

The Mounties were called to the West Big Intervale Road in the Margaree area just after 1 p.m. on Saturday.

Police say the Cheticamp girl was taken to hospital, where she was pronounced dead.

Her name and other details have not been released.

THE CANADIAN PRESS

## Teen faces four counts of arson

RCMP in Nova Scotia have arrested a youth in connection with a number of suspicious fires at a business in Wileville.

Damage is still being assessed after five fires at the Wiles Lake Farm Market this month.

Investigators say there were four suspicious outbreaks last week and a fifth in a greenhouse on Thursday.

Police say a 17-year-old boy from Wileville has been charged with four counts of arson and one count of mischief. He has been released from custody and is due in Bridgewater youth court on Aug. 17.

All of the fires were quickly extinguished and no one was hurt.

THE CANADIAN PRESS

## Correction

The Brad Marchand Stanley Cup parade is scheduled for Aug. 29. Incorrect information appeared in the weekend paper. We apologize for the confusion.

Pelican. Released



► Gary Sowerby, left, who drove Ralph, a pelican, from Halifax to Outer Banks Wildlife Shelter, Newport, N.C., last year takes a photo as Ralph is released back into the wild at the Cedar Point Tideland Trail area Cedar Point, N.C., Saturday.

JOHN ALTHOUSE-THE DAILY NEWS/THE ASSOCIATED PRESS

Ralph is finally home and free

Ralph was brought to the Outer Banks Wildlife Shelter in Newport, N.C., after being blown off course in a hurricane last September and crash landing at Ralph's Club in Dartmouth.

# Program shows how to deal with child soldiers

► Ongoing sessions in Aldershot, N.S., with the Canadian Forces



ALY THOMSON  
HALIFAX@METRONEWS.CA

Shelly Whitman's passport has more than a few stamps.

Since 2005, she's been globetrotting to prevent and address the use of child soldiers in developing countries with the Dalhousie University-based Child Soldiers Initiative.

In her latest endeavour, Whitman will travel to the Goma, Democratic Republic of Congo, in late September and will teach programs designed to

train foreign security forces in dealing with child soldiers.

"Our hope is to build awareness and to give options when encountering child soldiers," said Whitman, director of the initiative.

The sessions explore what a child soldier is, the roles of the soldiers and the international norms prohibiting the recruitment of children. She said most organizations focus on the demobilization, disarmament and rehabilitation of child soldiers.

"That is all very important but it won't do any-

### Joint effort

► The Child Soldiers Initiative's trips to the Democratic Republic of Congo are a part of a joint effort by World Vision and the Pearson Peacekeeping Centre to aid in the protection of children and the prevention of sexual and gender-based violence.

thing if we don't actually try to tackle it from the front end of the problem, from those who use the children and those who have the ability to intervene at key points to get

children out of arms groups."

It's a fairly new concept but the initiative has been asked by places like Jamaica, Haiti and Columbia to conduct sessions there, said Whitman.

"Each time we give a program, we're asked to come back again," said Whitman. "It's a niche that we have that nobody else is pursuing."

Founded by former Canadian Lt.-Gen. Romeo Dallaire in 2005, the program began as a virtual network of organizations until finding its home at Dalhousie in early 2010.

## Extra gasoline brought in to ease supply shortage

Imperial Oil says it's bringing in extra gasoline in the wake of a lightning strike that led to a shutdown of its Halifax-area refinery, putting pressure on supplies for gas stations in Nova Scotia.

A number of media outlets reported Saturday that some stations, primarily between Halifax and Truro, had run out of some grades of gas, resulting in several station closures.

Imperial Oil spokesman

Merle MacIsaac says the company is finding other sources of product to supply stations in order to minimize disruptions.

The lightning strike on July 21 knocked out power at the Dartmouth refinery,

essentially putting the operation in a temporary holding pattern.

MacIsaac says with a planned period of scheduled maintenance, the refinery is expected to be operational again in mid-

August.

Meanwhile, deliveries to stations are continuing but MacIsaac says all businesses may not be able to get all the product they want for the time being.

THE CANADIAN PRESS

1  
news



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On the web at metronews.ca



The past decade has been good to a key player in former Alberta premier Ralph Klein's infamous 2001 visit to a homeless shelter. Video at metronews.ca

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▶ Thousands of people celebrate the city's 116th Natal Day with a long weekend full of activities  
 ▶ Rain on Saturday postponed or cancelled several events but the sunshine was perfect for yesterday's big parade  
 ▶ Five days were packed with about 30 different events

RYAN TAPLIN/METRO



▶ Honorary Natal Day parade marshal Brad Marchand waves to the crowd yesterday.



▶ Sparky the fire dog waves to the crowd at yesterday's parade.



▶ P.E.I.'s Kelly MacDonald wins the women's MacPass Miles race yesterday.



▶ Natal Day parades wouldn't be the same without a candy-throwing Peter Kelly.



▶ Leah Jabbour of Halifax crosses the finish line in third place in yesterday's MacPass Miles race.



▶ A stormtrooper takes aim during yesterday's parade.

# Something to celebrate



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Between July 15th, and August 31st, 2011 HP will donate \$2 to Boys and Girls Clubs of Canada each time a participant touches the TouchPad screen and makes his/her impression, up to a maximum of \$100,000 CDN. All screen images simulated.



▶ Nancy Blezy

## Alzheimer's cafés aim to build support system

Nancy Blezy was intrigued when she heard about a café opening in a Nova Scotia community that would cater to Alzheimer's patients and their families.

As a registered nurse in a rural part of the province, she had too often seen the isolation that patients experience with their deteriorating condition.

Blezy, a nurse manager with a home-care company in the Annapolis Valley, and her colleagues knew there was a need for some sort of social outlet for those suffering from dementia and their families but were unsure what that might look like.

Then she learned about Canada's first Alzheimer's café in nearby Antigonish.

"As soon as I heard about it, I knew this was it, that this is what we had been looking for," she said from Kentville.

"I wanted to be able to get them together, just to have somewhere they

wouldn't feel like they were being lectured or being singled out because they were struggling with communication."

Blezy plans to open two Alzheimer's cafés this September in Kentville and Greenwood, carrying on a movement that started in Europe in 1997 and is slowly taking root in North America.

The intent is to provide a non-institutional space for people with dementia, their families, caregivers, experts and anyone in the community to socialize with drinks, snacks, entertainment and information.

The cafés will operate for about two hours once a month in a casual, community setting with small tables much like a regular coffee shop. Staff with dementia training will circulate in the crowd and a guest speaker will do a presentation on a different topic each month.

THE CANADIAN PRESS

# Rust treatment means sub can't dive deep

▶ HMCS Windsor one of four submarines Canada purchased from British

One of the Canadian navy's four Victoria-class submarines will be restricted in its ability to dive deep beneath the seas because of rust, according to a document obtained by The Canadian Press.

A Feb. 9, 2010, briefing note prepared by Lt.-Cmdr. Helga Budden recommends repairing seven areas of general rust and three regions of localized pitting rust on HMCS Windsor.

Budden recommends the repair be carried out through a "protect and monitor" option, which calls for grinding away and priming the corroded areas, with regular checks of those areas to be conducted once the submarine is operational.

But her note says that option would result in a new depth limitation for the submarine.

"Material safety of the submarine would be maintained through a depth-limitation caveat on the Windsor's submarine safety document register," says the note, obtained under federal access-to-information legislation.



▶ People walk and cycle along a dock as HMCS Windsor prepares to dock in Halifax in 2006.

The note was based on research done by defence research scientists in Halifax.

Budden, an officer with the submarine naval architecture division of the navy, says in the note that the military considered repairs involving welding fresh metal onto the vessel's hull, a process called "plate replacement."

That option would involve "no depth limitation," the briefing note says.

### Worth the cash?

▶ The Halifax-based submarine was brought to Nova Scotia on Oct. 19, 2001. Since then, it has operated at sea for just 332 days partly due to overhauls and repairs.

But Budden rejects that repair method, saying it would cost between \$3 million to \$5 million and take a year to do.

Another method la-

belled as "repair all" was rejected too, as concerns were flagged about the availability of welders, the note said. It would also take one year to do and cost \$1 million.

An option to repair the pitted area was also nixed.

Blaine Duffley, director of Maritime Equipment Project Management for submarines, confirmed in an interview that the navy chose to proceed with the "protect and monitor" option. THE CANADIAN PRESS

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AARON FAVILA/THE ASSOCIATED PRESS



► A Filipino Muslim woman enters a mosque yesterday to pray during the first day of the holy fasting month of Ramadan in suburban Paranaque, south of Manila.

# Tensions in Arab World

- Uprisings and unrest have cast a pall on the start of Ramadan
- No sign opposition forces will ease up on protests, despite fasting

From Syria to Libya and Egypt, the traditional focus on piety during the holy month is likely to be eclipsed by more unrest.

Food prices — part of the economic hardships that catalyzed the ouster of the Egyptian and Tunisian leaders — are still climbing. And protesters have shown little patience for conciliatory gestures by governments after decades of empty promises.

Predictions of a tense Ramadan have already started to be realized. Libyan rebels are turning their weapons on each other, dimming hopes for the overthrow of leader Moammar Gadhafi.

Syrian security forces are escalating their crack-

down on protesters, killing 74 people on Sunday, with violence only expected to intensify throughout the holy month.

Egyptian forces chased off dozens of activists yesterday who had refused to end four weeks of renewed protests at Tahrir Square to pressure the country's transitional military rulers.

In response to the pres-

sure from a new round of protests, the judiciary is promising to put ousted president Hosni Mubarak, his security chief and his two sons on trial this week for a range of charges from corruption to ordering the killing of protesters during the uprising.

The hearings are to be carried live on state television, broadcasts that could easily outshine the

Ramadan television serials that Egyptians love to watch during the month.

"Before the revolution, Egyptians were like kindling waiting for a match," said Mahmoud El-Askalany with the consumer group Citizens Against the High Cost of Living. "If anyone thinks that this has changed, they'd be wrong," El-Askalany said.

THE ASSOCIATED PRESS

## LONG, HOT DAYS FOR RAMADAN

Ramadan falls this year during the scorching summer, when tempers already running hot could easily boil over, especially as Egyptians

complain about the continued rise in food prices and the general economic malaise after the uprising. Food prices typically spike during

Ramadan, and the extravagant dinners many put on to break the daily fast drive a deep hole in household budgets.

## Somalis start Ramadan fast during famine

SCHALK VAN ZUYDAM/THE ASSOCIATED PRESS



► A child eats bread yesterday at a food distribution centre in Dadaab, Kenya.

Muslims around the world mark sundown during the holy month of Ramadan that began yesterday with extravagant dinners after not eating from sunrise to sundown. That kind of nighttime celebration is unthinkable this year for most Somalis, who suffer empty stomachs during the worst famine in a generation.

Despite the lack of food,

for Somalis it's a matter of faith to participate in Ramadan's fast, though Islam allows the ailing to eat. Others are ashamed they don't have enough food for the sundown dinner.

The UN says 2.2 million are in peril in a region of south-central Somalia controlled by an al-Qaida-linked group.

THE ASSOCIATED PRESS

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Brian's wife was diagnosed with breast cancer the day before their wedding.

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**Tunnel. Collapse**

► Engineers yesterday inspect a concrete slab that fell Sunday on a major expressway in Montreal.

PAUL CHIASSON/THE CANADIAN PRESS

## Fallout in Montreal

No one was injured in the collapse on the Ville-Marie expressway, the latest in a series of incidents that point to the city's crumbling infrastructure.

# Fighting the 'Millennium Scoop'

► Poverty, addiction, history, politics have conspired to separate First Nations children from their parents

John Beaucage has given the heartbreak he sees around him a name: The "Millennium Scoop."

The First Nations leader was recently hired by the Ontario government to look into aboriginal child welfare and what he found — not just in Ontario, but across the country — was despair.

After decades of wrestling with the impact of the residential-school system — and then with the "Sixties Scoop" that placed so many aboriginal children in non-aboriginal homes — First Nations are now facing another tragedy of lost children in the new millennium.

There are more First Nations children in care right now than at the height of the residential-school sys-



ANDREW VAUGHAN/THE CANADIAN PRESS

► Jeremy Meawasige sits with his mother, Maurina Beadle, at home in Pictou Landing First Nation in Nova Scotia last month.

tem. That system was a national disgrace that prompted Prime Minister Stephen Harper to apologize for its catastrophic impact on natives.

Instead of being at home with their parents, brothers and sisters, tens

of thousands of First Nations children are in foster homes, staying with distant relatives or living in institutions.

"It's a culmination of decades worth of social ills," Beaucage says.

THE CANADIAN PRESS

### Jeremy's story

► Jeremy Meawasige, 16, a Mi'kmaq from the Pictou Landing First Nation in Nova Scotia, pictured at left, has myriad challenges: Autism, cerebral palsy, hydrocephalus and a tendency to hurt himself.

► He is unable to care for himself and authorities want to send him to an institution out of province.

► His mother, Maurina Beadle, who suffered a stroke last year, has launched a formal court challenge.

► She argues that if her son were off-reserve, he would be entitled to far more funding and services than he is receiving now — funding and services that would enable her to keep Jeremy at home where he belongs.

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## HEALTH CARE

**Birth control to be covered in U.S.**

Health insurance plans must cover birth control as preventive care for women, with no co-pays, the Obama administration said yesterday in a decision with implications for health care as well as social mores.

The requirement is part of a broad expansion of coverage for women's preventive care under U.S. President Barack Obama's health-care law. Also to be covered without co-pays are breast pumps for nursing mothers and other services.

"These historic guidelines are based on science and existing (medical) literature and will help ensure women get the preventive health benefits they need," said Health and Human Services Secretary Kathleen Sebelius.

THE ASSOCIATED PRESS

**'Credible' lead surfaces in 1971 hijacking case**

The FBI says it has a "credible" lead in the D.B. Cooper case involving the 1971 hijacking of a passenger jet over Washington state and the suspect's legendary parachute escape.

The fate and identity of the hijacker dubbed "D.B. Cooper" has remained a mystery in the 40 years

since a man jumped from a Northwest Orient Airlines 727 flight with \$200,000 in ransom.

Federal investigators have checked more than 1,000 leads since the suspect bailed out Nov. 24, 1971, over the Pacific Northwest.

THE ASSOCIATED PRESS



► A 1971 artist's sketch released by the FBI shows the skyjacker known as "Dan Cooper" and "D.B. Cooper."

# Norway PM to politicians: Think before you speak

LEIFERIS PITAKAKIS/THE ASSOCIATED PRESS

**► Political parties agree to postpone campaigning for September elections**

Norway's prime minister yesterday called on political leaders to show restraint in their public speech as the country emerges from mourning the 77 victims of a bombing and youth camp massacre by an anti-Muslim extremist.

Jens Stoltenberg didn't single out anyone but seemed to be referring to sometimes harsh discussions on immigration when he told Parliament that the July 22 attacks gave reason to reflect on "what we have thought, said and written."

"We all have something to learn from the tragedy," he told lawmakers at a ceremony honouring the victims. "We can all have a need to say 'I

was wrong,' and be respected for it."

That goes for politicians and newsroom editors, in everyday conversations and on the Internet, the prime minister said.

"Our promise is that we take with us the spirit of July 22 when political work resumes. We will behave with the same wisdom and respect as the Norwegian people," Stoltenberg said.

Confessed killer Anders Behring Breivik says his attacks were an attempt at cultural revolution, aimed at purging Europe of Muslims and punishing politicians that have embraced multiculturalism.

THE ASSOCIATED PRESS



► People gather around thousands of flowers and tributes laid outside the Oslo Cathedral yesterday in Oslo, in memory of the victims of the July 22 bomb attack and shooting rampage.

## Boxing legend lends support

Muhammad Ali expressed sadness about the July 22 bombing and massacre in Norway, saying he is heartbroken by the senseless deaths and the reasoning of the man behind them.

In a letter to the people of Norway written under his name, the boxing great says his "heart goes out to each of you as you deal with the unimaginable grief of your loss." Ali wrote that the richness of

diversity is something that makes the world a better place and that no one should fear multiculturalism.

People, he said, have the same ideals no matter what religion or race they

are.

"I see the same concerns for others less fortunate than ourselves; I see the same desire for peace and dignity," the former heavyweight champ said.

THE ASSOCIATED PRESS

## Disaster Financial Assistance Program December 20-22, 2010 Severe Storm Damage

**After a disaster, people sometimes need help to get back on their feet.**

Support can go a long way toward making lives better and communities stronger.

The Province of Nova Scotia is pleased to announce a disaster financial assistance program for Richmond, Cape Breton, Victoria, Inverness, Antigonish, Pictou, Colchester, or Cumberland counties, and coastal areas of Hants, Kings, Annapolis, Digby, Yarmouth, Shelburne, Queens, Lunenburg, Halifax and Guysborough.

If you have uninsurable damages to your home, small business or non-profit organization as a result of the December 20 to 22 storm you may be eligible for assistance.

**More information and applications can be found at  
[www.gov.ns.ca/emo](http://www.gov.ns.ca/emo)**

For help, please call toll free 1-866-424-5620

Monday to Friday from 8:30 a.m. to 4:30 p.m.

  
NOVA SCOTIA



# Restaurants 'zapping' sales data: Taxman

► Fraud suspected in 34% of all sales systems checked




One-third of Canada's restaurants may be cheating on their taxes by using sophisticated "zapper" programs and other software to hide their sales.

The Canada Revenue Agency has found an estimated \$141 million in phantom sales that were deliberately erased in electronic cash registers to dodge taxes.

The widespread fraud was uncovered in a three-year pilot project that analyzed electronic sales data at 424 restaurants to find faint traces of sales that were wiped clean.

A team of 14 data specialists discovered at least 143 cases of suspected

## Market moment

TSX	Dollar (BMO)
	
Closed for holiday	- 0.02¢ (104.64¢ US)
Oil	Natural gas
	1,000 cu ft
- 81¢ (\$94.89 US)	\$4.188 US (+ 4.3¢) Gold contracts \$1,621.70 US (- \$9.50)

PRICES AS OF 5 P.M. YESTERDAY

transactions such as paying employees and suppliers in cash while not claiming the expense.

Restaurants that want to cheat often buy software with built-in hidden features, called "phantomware," that can remove sales records. Or they use stand-alone software — "zappers" — on a thumb-drive or CD that does the same work.

CRA spokesman Noel Carisse says "two cases have been successfully prosecuted resulting in fines and jail time. In addition, charges have been laid in six other cases." Other cases are under investigation. **THE CANADIAN PRESS**

fraud, each with an average of \$1 million in hidden sales. Much of the trickery involved hard-to-trace cash

## Russians say 'da' to Canadian beef

Canadian beef producers

are looking to Russia as they wrestle with the high loonie, soaring costs and declining sales to the U.S.

Beef exporters have been wooing Russia's growing middle class since their government lifted a four-year ban on Canadian beef in 2007.

Industry Canada figures show their efforts are paying off, with exports hitting nearly \$16 million in 2010, up almost tenfold from 2009, though a drop in the bucket compared to U.S. sales, which rang in at just under \$1 billion last year. **THE CANADIAN PRESS**



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## It's Your Opportunity

We are seeking applications from individuals interested in serving on the volunteer Board of Directors for the Capital District Health Authority.

Capital Health is the largest integrated academic health district in the Maritimes. It provides core adult health services to 40 per cent of Nova Scotians, and specialist services to the province and region. The district operates 39 facilities in 10 sites in the Halifax Regional Municipality and the western portion of Hants County.

Board members are also appointed to the Board of Directors of the Queen Elizabeth II Health Sciences Centre and the Board of Management Nova Scotia Hospital.

As a prospective member, you may have:

- Financial experience,
- Strong legal experience,
- Capital development experience,
- Business acumen relative to large scale corporate operations, and
- An understanding of health care quality.

You will have:

- Demonstrated community leadership.

You are:

- Committed to working with board members, executive management, community health boards and other stakeholders to achieve healthier people and communities.

Board appointments are selected through two separate processes. One-third of the members are appointed directly by the Minister of Health and Wellness.

Two-thirds are appointed by the Minister from a list of names submitted by the health authority's nominating committee, comprising local individuals representing the district's seven Community Health Boards (CHBs).

### Opportunities to represent:

- ◆ Southeastern area (incl. Eastern Passage, Cow Bay, Cole Harbour, Cherry Brook/Lake Loon, North Preston, East Preston, Mineville, Lawrencetown);
- ◆ Eastern Shore Musquodoboit area;
- ◆ Halifax area;
- ◆ Cobequid area;
- ◆ Dartmouth area;
- ◆ Chebucto West area;
- ◆ West Hants / Uniacke area

We will also be accepting applications for these areas for future vacancies.

If local health care is important to you, send in your letter of application for Board membership today.

Please include a brief résumé that matches your qualifications to the selection criteria.

### For selection criteria visit:

[http://gov.ns.ca/exec\\_council/abc/pubs/non-adjudicative/DHA9-Capital.pdf](http://gov.ns.ca/exec_council/abc/pubs/non-adjudicative/DHA9-Capital.pdf)

### We begin processing applications on:

**Aug. 25, 2011 for appointments commencing Dec 2011; and Jan. 19, 2012 for appointments commencing May 2012.**

For more information on the Capital District Health Authority, visit [www.cdha.nshealth.ca](http://www.cdha.nshealth.ca).

To learn more about the appointment process visit: [www.gov.ns.ca/exec\\_council/abc](http://www.gov.ns.ca/exec_council/abc) Look under "Non-Adjudicative" Select: "Process Overview"

### MINISTERIAL APPOINTMENTS

Executive Council Office  
One Government Place, 5th Floor,  
1700 Granville Street  
PO Box 2125, Halifax, NS B3J 3B7  
Fax: (902) 424-0667  
Email: [execounc@gov.ns.ca](mailto:execounc@gov.ns.ca)

### CHB NOMINATED APPOINTMENTS

DHA Nominating Committee  
c/o Carol Hindle  
Community Health  
3825 Joseph Howe Drive  
Halifax, NS B3L 4R6  
Fax: (902) 455-3531  
E-mail: [carol.hindle@cdha.nshealth.ca](mailto:carol.hindle@cdha.nshealth.ca)



Capital Health

Diversity is essential to the vision, mission, and strategic direction of the Department of Health and Wellness and the health system at large. The Government of Nova Scotia has an Employment Equity Policy which applies to the appointment of members of Boards governing the Health system of Nova Scotia. Our goal is to have District Health Authority Boards that are representative of our communities. We welcome applications from Aboriginal People, African Nova Scotians, other Racially Visible Persons, Persons with Disabilities, and Women in positions or occupations where they are under-represented. We value the representation of citizens of all ages.

If you are a member of one of the equity groups you are encouraged to self-identify, on either your application, covering letter or your resume.

### DEBT DEAL REACHED

## NYSE surges, slumps

An early rally on the New York Stock Exchange lasted all of 30 minutes yesterday after a slowdown in U.S. manufacturing.

Minutes after the market opened, the Dow Jones

industrial average jumped 139 points, but it fell 145 points after the Institute of Supply Management said manufacturing barely grew last month. The Dow later recovered some of its losses and was down 10.75 points at closing.

Analysts had expected stronger manufacturing growth. It was the first major economic report for July and could raise doubts about the predictions of many economists that the

U.S. economy will regain momentum this year.

Many investors had expected the market to rally yesterday because President Barack Obama and the House of Representatives agreed to raise the U.S. borrowing limit by \$2.1 trillion and cut at least \$2.4 trillion in spending over 10 years. The measure must still gain approval in the Senate before it is signed into law.

**THE ASSOCIATED PRESS**

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# HEY — CAN I GET YOUR NUMBER?

## SHE SAYS ...

JESSICA NAPIER  
METRO



Last week, the popular men's lifestyle website Ask Men released the results of their fourth annual Great Male Survey.

The not-so-scientific study polled men in Canada, the U.S., Britain and Australia on various topics relating to sex, dating and relationships. The responses ranged from the predictable to the cringe-worthy. Let's take a look at how our Canadian guys answered:

**The Good:** Thirty-eight percent think having a family is the ultimate male status symbol. Family values beat out all other signs of manhood including a high-profile career, beautiful girlfriend and a hot car.

**The Bad:** Fifty percent would dump a girlfriend if she became fat.

**The Ugly:** When asked, "At what point does a woman become sexually promiscuous?" Forty-one percent answered, "When she sleeps with her 10th sex partner."

Is this where we're at, everyone? Sleeping with 10 people earns you a scarlet letter P? I guess women should be empowered to enjoy their sexuality ... but just not too much.

Notably (although, not surprisingly), the survey didn't pose the same question for the men. From this glaring absence we can assume that Ask Men didn't think it necessary to make an inquiry regarding the numerical value of a man's promiscuity (insert exaggerated eye roll).

As much as I'd love to get into the double-standard argument, I'll skip the "why do we call women sluts while men get called studs?" speech for now.

Having the sexual-history talk with a new partner is a pretty awkward minefield. According to Ask Men, almost half of the Canadian men polled have lied about their number — either inflating or downplaying the total to protect their privacy, their ego or their partner's feelings.

The "how many is too many?" question comes up again in the soon-to-be released romantic comedy *What's Your Number?* In the film, the female lead spends 90 minutes trying to hook up with her ex-boyfriends in order to avoid making a new notch on her bedpost. This time around we're given a bit more leeway with 20 being the magic "too many" number, but the message is the same: for women, there is a limit when it comes to sexual encounters.

I have a lot of trouble with this need to classify people (both women and men) as promiscuous or prudish based on a number. Shouldn't we be taking into account age, lifestyle, religion, cultural background and a variety of other factors? That being said, should we even be trying to quantify sexuality at all?

Read more of Jessica Napier's columns at [metronews.ca/shesays](http://metronews.ca/shesays)

# 21 cyclists, six days, one path to inspiration

## NEWS WORTH SHARING

*Media will always have to report on the tough stuff.*

*But we know that Canada is full of compassionate individuals, inspiring projects and stories worth celebrating. Here's just one.*

Sometimes, when the cause is right, you just keep on going.

Over the August long weekend, cyclists pedalled through the Maritimes to raise funds and awareness for Craig's Cause Pancreatic Cancer Society.

Starting from Halifax, 21 cyclists embarked on a six-day adventure, touring Nova Scotia, New Brunswick and Prince Ed-

ward Island, stopping to hold information sessions at local hospitals.

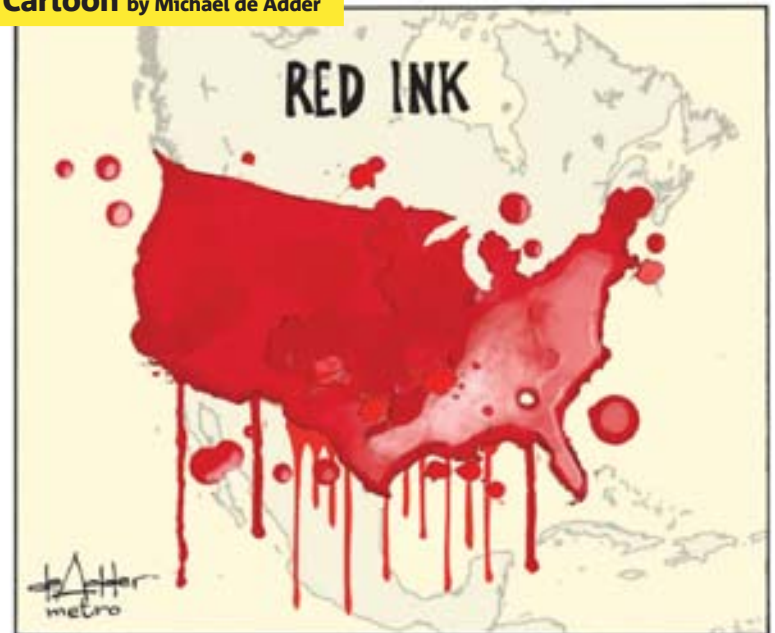
As well as meeting courageous individuals along the way, the hope of the tour was "to inspire them, to let them know that even in their darkest moments, there are people who understand and can support them," said Stefanie Condon-Oldreive of Craig's Cause.

The tour ended at Halifax's 116th Natal Day Festivities, where the cyclists pedalled behind the Craig's Cause float.

● CRAIG AND MARC KIELBURGER

*Help the good news get around. Send your stories of local heroes and positive action to [goodnews@metowe.com](mailto:goodnews@metowe.com) and we will share them right here.*

## Cartoon by Michael de Adder



## Tweets

- ▶ **@halidots:** Happy birthday to my favourite city of smiling strangers, ocean highways, and impromptu shenanigans. #halifax #natalday
- ▶ **@HFXMermaid:** Enjoying a stroll through public gardens in #halifax with SLR in hand!
- ▶ **@calebsabourin:** Shubie park... Didn't no it existed. It is very nice, but I would here sirens in the distance. #Dartmouth
- ▶ **@lolaugustine:** Having a little swim at chocolate lake. Gorgeous here in afternoon sunshine. Even though the entire youth population of Spryfield is here.
- ▶ **@dodgemanextreme:** Never realized how dangerous Vernon/Quinpool is. I JUST SAW MY LIFE FLASH BEFORE MY EYES :'(
- ▶ **@normamacdonald:** I always end up saying hello to that damn cardboard cut-out lady at the Irving in #truro.
- ▶ **@GabrieleMollica:** The long weekend has lied to us all as it still felt very short! #Halifax
- ▶ **@antiquitea:** At Rainbow Haven beach! It's significantly cooler and foggier here than it is in the city. :)

## WEIRD NEWS

### Police vehicle confused with batmobile?

Pittsburgh police say a man tried to carjack a plainclothes officer near the filming for the latest Batman movie — and allegedly told him it was part of the script.

Det. Robert DiGiacomo was in

an unmarked vehicle around 7:15 p.m. Saturday, looking for a suspect in an assault.

That's when police say a man opened the car door, sat down and told the officer to get out.

The officer drew his gun and ordered the suspect, 21-year-old Micah Calamosca, out of the car.

He says the suspect told him he was part of filming for *The Dark Knight Rises* and that taking the vehicle was in the script.

Calamosca was taken into custody and faces a charge of robbery of a motor vehicle. **THE ASSOCIATED PRESS**





# Not just another Idol

► Canada Sings features ordinary workers performing Glee-level routines ► Judge Vanilla Ice sees a lot of untapped talent on new show

Rob Van Winkle wants you to know that Canada Sings is not just another American Idol wannabe.

The 43-year-old singer and handyman, a.k.a. Vanilla Ice, joins Jann Arden and Simple Plan's Pierre Bouvier as judges on Canada Sings, which launches Aug. 3 on Global.

"We all know the impact American Idol has had all over the world, but this is a completely different show, very heartfelt," says Van Winkle. "To see some of these people get over their personal hurdles, it's very inspiring and uplifting."

While it seems like there is a different star search show launching every other week on TV, Canadians can't seem to get enough of them.

The Voice, America's Got Talent and So You Think You Can Dance Canada are among the biggest hits of the spring and summer. More talent shows are on the way, including the City spin-off Canada's Got Talent, the CBC's upcoming Cover Me Canada and Simon Cowell's highly-anticipated follow-up to American Idol, The X Factor.

Canada Sings, however, is different from the rest. While it shares the familiar three-judge format and there is prize money (a modest, even by Canadian

standards, \$10,000 to charity), the show plays more like Undercover Boss than Canadian Idol.

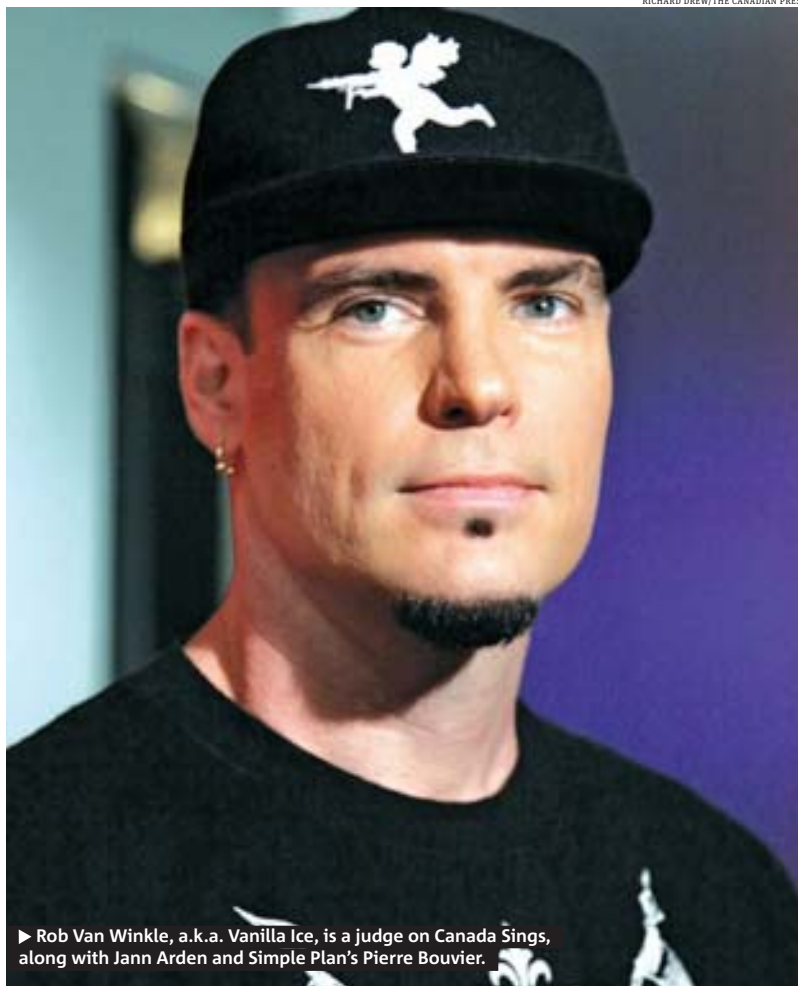
After a six-month search, 12 teams of ordinary workers were chosen for the competition. Each of the six episodes features two teams going through an intense, week-long rehearsal led by choreographers Kelly Konno and Christian Vincent and vocal coaches Scott Henderson and Sharron Matthews.

Then, these collections of more-or-less amateur entertainers are thrust onto a stage where they are expected to perform a Glee-level song and dance routine.

The first episode features a crew of blue collar, junk-hauling West Coasters from 1-800-GOT JUNK versus The Zooper Stars, 12 animal lovers from the Toronto Zoo's Animal Health Care Centre. Much of each episode is spent getting to know these folks.

"We found, as we were shooting and editing, that this show really told us what it was about," says executive producer John Brunton, who has the talent search format down cold after producing Canadian Idol and Battle of the Blades.

Brunton says Canadians will relate to and might even fall in love with char-



► Rob Van Winkle, a.k.a. Vanilla Ice, is a judge on Canada Sings, along with Jann Arden and Simple Plan's Pierre Bouvier.

acters from the singing teams. Unlike Battle of the Blades, a huge hit in Canada but a harder sell internationally, Brunton sees all kinds of potential to export the Canada Sings workplace talent format around the world.

Then there are the end-

less built-in product placement opportunities. As on Undercover Boss, there are moments when Canada Sings borders on being an infomercial. The Toronto gang from the Keg Steakhouse and Bar, for example, should all get bonuses, and Air Canada and

GoodLife Fitness are probably down with their employees getting national network face time.

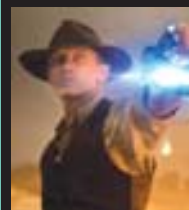
Van Winkle says viewers should try and get past that skepticism and just embrace the positive aspects of the series.

THE CANADIAN PRESS

# 2

  
scene

## Box office



Little blue Smurfs and not-so-little green men from space are in a photo finish for the No. 1 spot at the weekend box office.

According to studio estimates yesterday, Daniel Craig and Harrison Ford's sci-fi Western Cowboys & Aliens and the animated family adventure The Smurfs both opened with \$36.2 million.

The previous weekend's top movie, Captain America: The First Avenger, slipped to No. 3 with \$24.9 million and raised its domestic total to \$116.8 million.

Harry Potter and the Deathly Hallows: Part 2 pulled in \$21.9 million to become the franchise's top-grossing chapter at \$318.5 million domestically.

THE ASSOCIATED PRESS

## Bringing Broadway to SYTYCD



► Sergio Trujillo

He's danced with Michael Jackson and choreographed hit stage shows, but Toronto-raised Sergio Trujillo says there's something exceptional about creating routines for So You Think You Can Dance Canada.

"The thing that I love the most about it is the freedom," Trujillo said in a recent phone interview, noting producer Sandra Faire never turns down his

concepts or ideas.

"Also in terms of what I do — I do so much theatre, it's all Broadway-based, and television is different. You can sort of break the rules a little bit on television.

"Kids nowadays expect bigger, quicker, faster — and so the challenge for me is: how can I create a number that is more interesting, that is more diverse, that is more unique than

the last time that I choreographed a number?"

Last week, Trujillo — choreographer of lauded musicals including Jersey Boys, Memphis, Next to Normal and The Addams Family — created a Cirque-du-Soleil-meets-Argentinian-tango group number for Dance Canada.

Yesterday he was a guest judge on the show, which is down to the Top 16 after

last week's elimination of Toronto's Dwayne (Boneless) Gulston and Teya Wild of North Vancouver, B.C.

Trujillo was first discovered in the 1980s by Jackson's longtime choreographer, Michael Peters, during an audition in Toronto. Now that he's made his mark on Broadway, he wants to inspire the hopefuls of Dance Canada. THE CANADIAN PRESS



For more Scene content, scan this code.

## DVD Releases

Buy it 🌐🌐🌐🌐🌐 | Rent it 🌐🌐🌐 | Borrow it 🌐🌐 | Yawn 🌐 | Don't bother 🌐

**Rio**  
**Genre:** Animated  
**Director:** Carlos Saldanha**Stars:** Jesse Eisenberg, Anne Hathaway, George Lopez  
🌐🌐🌐


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Rio is like a samba act you wouldn't be caught dead listening to at home, but quite enjoy on vacation, especially with a tropical drink in hand.

This bird-brained tale is dim of plot but bright of illumination and animation, a rare example where 3-D actually enhances the experience — although it will play just as well on the 2-D screens in most homes.

The voicing isn't as colourful, at least for the main avian characters Blu and Jewel, played by Jesse Eisenberg and Anne Hathaway. But there's no reason to squawk too loudly about the film, which is

made by the same people behind the profitable Ice Age franchise.

Blu is a rare Brazilian macaw living in snowy Minnesota with his bookish owner Linda (Leslie Mann). He's so tame (read: American) that he's never learned to fly.

His female counterpart Jewel still resides in her native Brazil — Rio de Janeiro to be exact. She lives with ornithologist Tulio (Rodrigo Santoro), who has come to an important realization: these birds must mate or their breed will die.

Blu is zipped down to Rio, but his lack of both air and street smarts, as



well as the threat of avian poachers looking for payback and a fast pay day, make this more than just an amorous adventure.

A menagerie of comic

voices keep feathers happily flapping.

Extras include a deleted scene as well as making-of featurettes.

● PETER HOWELL

**A Screaming Man****Genre:** Drama**Director:** Mahamat Saleh Haroun**Stars:** Youssef Djaoro, Diouc Koma  
🌐🌐🌐

Set against the backdrop

of Chad's 40-year civil war, as was writer/director Mahamat-Saleh Haroun's earlier film Dry Season, this heartbreaker of foolish pride and bitter reckoning unfolds like biblical parable. It deservedly won

Haroun a special jury prize at Cannes 2010.

A father and son squabble over a job, leading to an act of revenge with unforeseen and terrible consequences. But when we first meet them, frolicking in a luxury hotel pool, it's impossible to imagine the schism to come.

Middle-aged father Adam (Youssef Djaoro) and his 20-something son Abdel (Diouc Koma) both have jobs at the pool, another luxury in a time of civil war.

Family harmony is shattered when the hotel is taken over by new Chinese owners, who decide that

one pool attendant is enough. Abdel gets to keep his job, but Adam is demoted to gatekeeper, a bitter comedown for a man who was a swimming champion in his youth.

If we could see inside Adam's head, we might guess the extent of his anger. Haroun only hints at what is to come. Before anyone fully realizes what is happening, the father contrives payback that will have major consequences for his son and himself.

This tragedy of parental betrayal is personal in scope but universal in impact.

● PETER HOWELL

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**Kings of Leon to redo Dallas concert**

The Kings of Leon are promising a redo for their Dallas fans after cancelling a show because their lead singer complained it was too hot to perform, leading other members to profusely apologize to the audience.

In a statement, the family rock band, known for hits including the Grammy Award-winning anthem Use Somebody, announced plans to return to Dallas on Sept. 21 to make up for Friday's mid-show cancellation, which drummer Nathan Followill called a "fiasco" on Twitter. **THE ASSOCIATED PRESS**



# Was singer preparing to become a mother?

► The late Amy Winehouse was reportedly in the final stages of adopting a young girl from St. Lucia before she passed away in London last week

Before her death, Amy Winehouse was reportedly in the

process of adopting a 10-year-old girl from St. Lucia, where she'd spent much of 2009, according to the Daily Mirror.

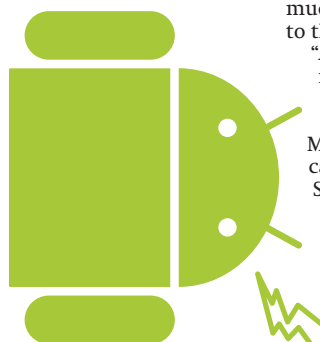
"Amy was already my mother," the girl, Danika Augustine, says. "I would call her Mum, and she would call me her daughter. She took care of me, and we had fun together. I loved her, and she loved me."

● METRO



► Amy Winehouse

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## Dish briefs

### There's something about Alex

**A GREAT CATCH.** Despite breakup rumours last month, relations appear to be fine between Cameron Diaz and Alex Rodriguez, according to People magazine. Sources spotted the pair dining out in Miami over the weekend to celebrate the Yankee slugger's 36th birthday after cruising around the area on a yacht. "They sat near the water at Smith & Wollensky in Miami Beach and had a great time," a source says. ● METRO

### Franco: Where is the love?

**MONKEY TROUBLE.** James Franco isn't feeling the love from the press, and he's worried his new film, Rise of the Planet of the Apes, will suffer for it. "Critics will be out to kill this movie and blame me for it just because they are out to kill me. Last year people were pretty nice. This is the year when people are going to have fun going after me," he tells Playboy

## Celebrity tweets



"All your facial features are on the lower bottom half of your head. Disturbing."

@JerrySeinfeld



@EllenPage

"i feel insane right now. like ashley judd in the movie about the bugs"

@JonahHill

"I bet if you asked Jay-Z to list his 99 problems he'd get stuck at around 4."

@ElizabethBanks



"Dear Atlanta, I'm totally into you. Let's date for a while. Have some fun. Where should we go? smooches!"

magazine. "There are people who have it out for me for other things. They see me do this movie but really it's about something else."

● METRO

## Sheen to appear on Big Brother?

Charlie Sheen may be back on TV sooner than expected, as the troubled actor has reportedly signed a deal to ap-

pear on Celebrity Big Brother in the U.K., according to the Daily Star.

While network spokespeople aren't confirming any contestants yet, a source says Sheen will be flying to England in the next two weeks for filming after inking a \$9.8-million deal.

"It would be unbelievable. A producer's dream. No one would want to miss the chance of seeing what he's up to and hear the wacky things he's been saying," a source says.

"And let's face it: he's been saying some crazy stuff recently."

● METRO



► Charlie Sheen

## Maria, Arnie make nice

Just because Maria Shriver and Arnold Schwarzenegger are in the midst of a contentious divorce battle doesn't mean they can't celebrate a birthday together.

Shriver showed up, along with the couple's two sons, to a dinner in L.A. for Schwarzenegger's 64th birthday, according to Us Weekly.

In fact, Shriver even covered the bill.

"Maria grabbed for it. She was already pulling out her wallet and gave her credit card to the waiter," a source says. "While she gave him the card, she also ordered Arnold an espresso."



► Arnold Schwarzenegger



► Maria Shriver

Schwarzenegger reportedly referred to his es-

tranged wife as "darling" as they left, but the birth-

day boy still went home alone. ● METRO

3  
life

## Go nuts



Large population studies have found frequent nut consumption to help people lose weight and decrease their risk for heart disease and diabetes, says Dr. Cyril Kendall, a research scientist in the department of nutrition at the University of Toronto.

● CELIA MILNE



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► Eating a small amount of nuts regularly is a great nutrition choice.

# Not so nutty science

► New study shows eating certain nuts can help manage Type 2 diabetes ► The nut mixture shown to improve blood glucose levels, help reduce cholesterol in those affected patients



**CELIA MILNE**  
LIFE@METRONEWS.CA

It may sound nuts, but it's true. Even though they are full of fat, nuts could help control Type 2 diabetes.

"What's nice about nuts is that they are healthy and people enjoy eating them," says Dr. Cyril Kendall, a research scientist in the department of

nutrition at the University of Toronto. "They are easy to eat as snacks or can be incorporated into a variety of healthy dishes. It would be best if they were used to displace less healthy foods in the diet ... such as white bread."

To study the effect of nuts on people with Type 2 diabetes, Kendall and colleagues at St. Michael's Hospital and the University

of Toronto divided 117 subjects into three groups: those who received a daily supplement containing muffins, those who received a daily supplement containing raw nuts, and those who received a daily supplement containing a mixture of muffins and nuts.

The nut mixture contained raw almonds, pistachios, walnuts, pecans,

hazelnuts, peanuts, cashews and macadamias.

After three months, results showed that eating two ounces (about two handfuls) of nuts a day in place of a carbohydrate has two healthy effects: it helps improve blood glucose levels and also helps reduce cholesterol. The people in the study had Type 2 diabetes and were taking medication for it.

These reductions — in blood glucose levels (which need to be controlled in diabetes in order to avoid complications) and cholesterol — were on top of that already seen with drugs. Reductions in cholesterol are good news, said Kendall, as this decreases risk for coronary heart disease. The study was published recently online by the journal *Diabetes Care*.



# Learning from Amy

► Cold turkey wrong way to quit the bottle, experts warn after details of Winehouse death begin to surface

Alcoholics everywhere are being warned not to go cold turkey when trying to put down the bottle following reports singer Amy Winehouse ignored her doctor's advice to cut down on her heavy drinking gradually.

Britain's Sun tabloid is citing family sources as saying the 27-year-old Rehab singer died a week ago as a result of a seizure brought on by a sudden three-week abstinence from booze.

According to the report, the family believes her tiny frame could not cope with the loss of alcohol in her veins after many years of binge drinking.

Now, Canadian addiction specialists are confirming that such a dramatic withdrawal from drugs or alcohol can indeed prove lethal.

"To go to zero is extremely dangerous because the body develops a level of chemical requirement," said Rob Hadley, program director at the Vancouver Addiction Centre. "To not have that met, one literally does go into

## Addiction

Winehouse, who was found dead in her London apartment last Saturday, had struggled for years with drugs and alcohol.

► Details She had managed to quit her drug dependency three years before her death, her father said at her funeral. But Mitch Winehouse also said she was struggling to control her drinking after a few weeks of abstinence.

shock."

Quitting requires addicts to get treatment from professionals that will reduce dependency without risking their health, he said. The Vancouver Addiction Centre eases addicts onto less concentrated alcohols such as beer or wine for one to two weeks and gradually eases them down from there, said Hadley.

Alcohol slows the heart down because it's a depressant, said Daniel Jordan, the director of the Sun-



► British singer Amy Winehouse performs during her concert at the Volkshaus in Zurich, Switzerland. Winehouse was found dead July 23, by ambulance crews who were called to her home in north London's Camden area.

shine Coast Health Centre. This can cause those who are attempting to quit cold turkey to suffer a seizure or heart attack.

Unlike the Vancouver Addiction Centre, Jordan's facility gives alcoholics Valium in order to reduce

the risk of injury in attempting to quit.

"Alcohol is one of the most dangerous drugs to detox from," said Jordan. "The chance of dying from a withdrawal from alcohol is actually much more dangerous than heroin."

Addicts should only continue drinking alcohol to ease themselves off of their dependency if they don't have access to a hospital or an addiction centre where they can get help, said Jordan.

THE CANADIAN PRESS



## Canada unaffected by new dose

Johnson & Johnson is reducing the maximum daily dose of its Extra Strength Tylenol pain reliever in the United States to lower risk of accidental overdose.

The company's McNeil Consumer Healthcare Division says the change affects Extra Strength Tylenol sold in the U.S.

Labels on the U.S. bottles will now list the maximum daily dose as six pills, or a total of 3,000 milligrams, down from eight pills a day or 4,000 milligrams.

The change does not affect Canada.

The maximum daily dose for Extra Strength Tylenol in Canada is eight pills or 4,000 milligrams per day. Health Canada reviewed the change but made no recommendations.

THE CANADIAN PRESS

## South Asians face fat issues

Some weight-conscious people say calories go right to their hips — but new research indicates that for South Asians, fat cells can make a beeline for their internal organs such as the liver.

The discovery provides some backing for the message that Canadians whose families originated in the Indian subcontinent should aim to burn off excess calories.

South Asians have more risk factors for heart disease, including Type 2 diabetes, low good cholesterol and more abdominal obesity, according to previous studies by McMaster Uni-

versity in Hamilton and the Population Health Research Institute.

This time, the team took a deeper look inside the body — a different approach from their population studies of the past.

"We measured many more things, including performing a fat biopsy and a muscle biopsy. MRIs of the abdomen and the liver, and we did this much more intensive, invasive examination in fewer patients to try and understand the mechanisms," said Dr. Sonia Anand, a professor of medicine and epidemiology.

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# Tasteless take on the South

While the restaurant Baton Rouge shares its name with the Louisiana city famous for its delicious cuisine, it falls short. These dishes lack flavour

## LUNCH RUSH

VALERIE MANSOUR  
FOOD@METRONews.CA



Baton Rouge, the place, is known for its amazing food. However,

the restaurant, is another story.

My friend and I anticipate dining al fresco, but it's cloudy and the deck is closed. We are seated in a booth with high walls.

**Baton Rouge Restaurant & Bar**  
1877 Hollis St.  
407-0007  
Social lunch: Yes  
Client negotiations: Yes  
Price range: \$\$\$  
Rating: 2 out of 5



► The Amarillo Chicken Sandwich with coleslaw (\$14).

Our drinks arrive promptly but both the Virgin Caesar and Cranberry Juice with Club Soda are watered down.

The Amarillo Chicken Sandwich (\$14) has such potential — marinated, grilled chicken, melted Monterey Jack and cheddar

cheese, tomatoes, green and red onions, lettuce, and salsa. Miraculously, it (and accompanying coleslaw) lacks flavour, and the chicken is overcooked. The Boneless Back Rib Sandwich (\$13) is equally unexciting. Although meat is

the house specialty, the pork is overdone and the barbecue sauce too sweet. The ciabatta bun is nice, as are the side baked beans.

The uniform tastes of a chain restaurant — and servers with forced, rehearsed spiels — certainly don't inspire a return visit.

## Yogurt Panna Cotta



### Preparation:

- 1 Preheat oven to 180 C (350 F). Bake almonds until golden, about 10 minutes.
- 2 Into small bowl, pour water and sprinkle gelatin over it. Let sit for 10 minutes.
- 3 In heavy saucepan over medium-high heat, simmer cream and sugar, stirring until sugar dissolves. Add almonds; mix with hand blender. Remove from heat and let sit

for 10 minutes. Add gelatin mix and stir with whisk until dissolved. Strain almond cream into yogurt and add vanilla.

- 4 Divide mix among 8 custard cups. Cover and chill overnight. Run knife around edge of each cup to loosen. Set each cup in shallow bowl of hot water for 10 seconds. Invert onto plate. **THE CANADIAN PRESS/ LIBERTE YOGURT**

### Ingredients:

- 125 ml (1/2 cup) sliced almonds
- 50 ml (1/4 cup) water
- 12 ml (2 1/2 tsp) unflavoured gelatin
- 300 ml (1 1/4 cups) whipping cream
- 125 ml (1/2 cup) sugar
- 500 ml (2 cups) plain low-fat yogurt
- 5 ml (1 tsp) vanilla

# Remaking the classic mac 'n' cheese

### Preparation:

- 1 In large, non-stick skillet, heat oil over medium high heat. Brown turkey until fully cooked, breaking into small pieces with a wooden spoon. Transfer to plate.
- 2 In large saucepan, melt butter over medium high heat. Stir in onion and cook until translucent, about 5 minutes. Stir in garlic and cook just until fragrant, but not browned, about one minute. Whisk in flour,

and cook until it combines in a thick paste, about one minute. Continue whisking and slowly pour in milk. Bring to boil and reduce heat to maintain a simmer, whisking often, until sauce is thick, about 10 minutes. Whisk in Dijon, salt and fresh cracked pepper. Whisk in cheddar until smooth. Stir in noodles, reserved turkey with any accumulated juices and diced tomatoes. Pour into a greased 13 x 9 inch (32.5 x 23 cm) baking

dish. Sprinkle with crumbs and bake in 350°F (180°C) oven until the sauce is bubbling and top is golden, about 30 minutes.

- 3 Let sit for 10 minutes before serving. **NEWS CANADA/ ONTARIO TURKEY**

### Ingredients:

- 1 tsp (5 mL) vegetable oil
- 1 lb (500 g) lean ground Ontario turkey
- 1/4 cup (50 mL) butter
- 1 small onion
- 3 cloves garlic
- 1/3 cup (75 mL) all purpose flour
- 4 cups (1 L) hot milk
- 2 tbsp (25 mL) Dijon mustard
- 1/2 tsp (2 mL) each, salt and fresh cracked pepper
- 2 cups (500 mL) lightly packed, shredded cheddar
- 1 lb (500 g) cooked elbow noodles
- 1 28oz (793 g) can diced seasoned tomatoes
- 1 cup (250 mL) fresh bread crumbs

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# RACKING UP EXPENSES FOR WORK

## FUN AND FRUGAL

LESLEY SCORGIE  
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I polled 20 to 40-some-things throughout July on what they spend on work expenses annually.

The responses indicate that most incur thousands of dollars in costs to 'look the part.'

For example, a landscaper buys heavy duty boots and commutes long distances, an IT consultant might work from home and invest in a home office, and meanwhile a lawyer travels often and purchases expensive suits.

Save money on commuting expenses by taking public transit, switching to an alternative fuel vehicle, or carpooling.

Transit passes are eligible for a 15 per cent tax credit at transitpass.ca.

MoneySense calculated that a couple could save almost \$600 per month by moving out of the suburbs and closer to the core if they work downtown.

Not only would they pay less in car maintenance and fuel expenses by walking or biking into work, but they'd spend far less time commuting.

Work attire can be purchased at deep discounts by buying in the 'off' season, on sale or at outlet malls.

Often times, designer labels are more than 50 per cent off the rack.

If your suit needs 'tweaking', take it to a tailor and have it customized for \$50.

By sticking with classic fits and fabrics, you'll avoid premature replacement when fashion trends change.

You can spruce up nearly any outfit with an inexpensive colourful shirt or tie.



► When buying heavy-duty work clothes, check whether your employer has a preferred 'outfitting' store with employee discounts.

I'd recommend buying unique accessories, like brochures or bags, from local artisans.

When setting up a home office, look for clearance sales on desks and computers.

I saved \$2,000 on my home office by hitting up a 'going out of business' sale. Don't be afraid to buy

book shelves, desks, chairs or electronics second hand off Kijiji or eBay.

Many home office expenses qualify for tax credits.

Work expenses are largely unavoidable.

But, be savvy and frugal by spending on work items that enhance your personal brand.

# 'Just in case' money

## ON MONEY

ALISON GRIFFITHS  
MONEY@METRONWS.CA



Canadians are continuously bombarded by headlines about record personal and family debt levels, doubts about the long-term solvency of many pension plans and the far-from-robust employment picture. All this has created unprecedented pressure to pay down debt, and save for education and retirement.

Of course, it's a very good idea. And Canadians are taking it seriously as the accumulation of household debt has slowed and our net savings rate has risen from almost zero a couple of years ago to just under four per cent of income today.

But the problem with paying down debt and boosting savings is that most lives are not linear. The ups and downs of living

have kiboshed many a savings and debt payment plan.

My family was rocked 20 years ago when our youngest, Quinn, then four, almost died from meningitis. She survived but ended up profoundly deaf. We lost a year of income, which is tough to recover for anyone, let alone freelance writers.

I can't think of a friend or family member who hasn't fallen victim to one of life's vagaries. Often those events meant derailed careers and postponed retirements. Unfortunately, many of them had no ready funds to draw on, so they were forced to dip into their RRSPs or their kids' RESPs (registered education savings account.)

Consider building emergency funds (a TFSA is a great place to park the money) into your savings plan. If you experience an unexpected expense, what you've saved will help cushion the blow.

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if they are used or not.

Remember, any item should have a little card from you saying thank you for the invitation and how much you are looking forward to a wonderful weekend and meeting everyone. Have fun!

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4  
sports

## Sports in brief



Cole Harbour's T.J. Grant is moving down to lightweight and will make his 155-pound debut against Shane Roller on Oct. 1 at Verizon Center in Washington, D.C. The 27-year-old had been slated to meet Charlie Brenneman in June but withdrew because of illness. Grant was 3-3 as a UFC welterweight.

THE CANADIAN PRESS



Scan code for more sports.

# Herd add grit, depth to roster

- ▶ Long-rumoured trades finally announced
- ▶ Mooseheads strengthen team in several areas



**MATTHEW WUEST**  
@METRONEWS.CA

The Halifax Mooseheads have finally made official a pair of trades that add veteran leadership, toughness and defensive depth.

The Mooseheads officially acquired 20-year-old winger Cameron Critchlow from the Victoriaville Tigres and 17-year-old defence prospect Austyn Hardie from the Chicoutimi Saguenéens yesterday.

Hardie, who cost the Mooseheads defence prospect Carl Tremblay and a third-round pick in next year's draft, was drafted in the first round, 12th overall, by the Saguenéens in 2010.

"He's a guy we've had our eye on for a while," said Mooseheads general manager Cam Russell. "He's very similar to Simon Desmarais at the same age — a physical, tough defenceman who moves the puck well."

The six-foot, 201-pound Hardie had two goals and 13 assists along with 98 penalty minutes in 38 games at the Quebec midget AAA level last season.

The Mooseheads were a little light on the blue-line after trading Desmarais at the draft to land second-overall pick Jonathan Drouin.

With four 19-year-olds — Steve Gillard, Konrad Abeltshauser, Sawyer Haney and Anthony Goulet — and 18-year-old Trey Lewis, the Mooseheads have an older defence corps. The younger Hardie helps strengthen the future.

"You have to make sure you're not completely naked at one position all of a sudden," Russell said. "That's something we keep an eye on."

Critchlow was captain of the now-defunct Lewiston Maineiacs last season. He had 15 goals among 34



▶ Cameron Critchlow with the Lewiston Maineiacs last season.

## Over-age Moose face tough camp

The acquisition of Cameron Critchlow gives the Halifax Mooseheads five 20-year-olds battling for three over-age spots.

Critchlow will join fellow forwards Alexandre Grenier and Travis Randell, defenceman Jonathan Parisien and goaltender Frederic Piche at training camp starting Aug. 18 at Cole Harbour Place.

"It's good having that

points in 65 games. His grit, work ethic and leadership came highly recommended to Russell.

"He had 15 goals, he's an excellent faceoff guy,

competition," said Mooseheads general manager Cam Russell. "You don't want 20-year-olds coming in thinking their jobs are secure."

The Mooseheads acquired the high-scoring Grenier in a trade with the Quebec Remparts in June and plucked Parisien from the Lewiston Maineiacs in the second round of the dispersal draft.

Randell was Halifax's captain last season and Piche, acquired in a mid-season trade, provided stability in goal.

● **MATTHEW WUEST**



▶ Travis Randell

an excellent penalty-killer and a tremendous leader in the dressing room," Russell said. "He's an important part of a hockey team."



▶ Tyson Cave, right, walks away as A.J. Banal is declared the winner of the WBO Asia-Pacific bantamweight title bout in Lapu-Lapu City, Philippines, on Saturday.

## Cave's big shot ends in defeat

Halifax's Tyson Cave fell short in his bid to knock off one of the world's top bantamweight boxers on Saturday.

Cave lost a technical decision to A.J. Banal in a bout for the World Boxing Organization's Asia-Pacific crown in Lapu-Lapu City in central Philippines. The 29-year-old trailed on all scorecards (79-73, 78-74, 78-74) when the scheduled 12-round bout was called in the eighth because of a cut on Banal's forehead.

Promoters for Banal, the WBO's fifth-ranked bantamweight, were not happy with Cave's approach to the fight.

"Was that a fight or a

marathon? The guy keeps on running," said Antonio Lopez Aldeguer, a Banal promoter, to the Cebu Sun Star. "We thought he would fight, but he was practically running."

Cave, ranked 29th among super bantamweights by the World Boxing Council, was hoping to make a name for himself against Banal. He did plenty of talking in the buildup to the fight, and said afterward he didn't get a fair shake from the judges in Banal's hometown.

"I think I only lost one round and won seven," Cave told the Sun Star.

● **MATTHEW WUEST**

## Sports in brief

### Nova Scotian paddlers shine at worlds

**CANOE-KAYAK**. Three Nova Scotian women canoeists hit the podium at the junior world canoe-kayak championships in Brandenburg, Germany, on the weekend. Lake Echo's Emily Riddle and Dartmouth's Mariah Godin won gold in the women's C-2 500 metres and Dartmouth's Hannah MacIntosh took bronze in the women's C-1 200. On the men's side, Dartmouth's Jason McCoombs finished a solid fourth in the C-1 200.

● **METRO**

### Haligonian wins race in P.E.I.

**AUTO RACING**. Halifax's John Flemming won the Air Show Atlantic 100 on Sunday in Oyster Bed Bridge, P.E.I., to end a four-year stretch without a victory on the Maritime Pro Stock Tour. Timberlea's Wayne Smith finished fourth.

● **METRO**

### Wieczorek wins Natal Day race

**RUNNING**. Dartmouth's Greg Wieczorek won the six-mile event of the 105th Natal Day Road Race yesterday with a time of 31 minutes 35 seconds. Mouhcine Aitounaja of Halifax won the two-mile race in 10:13.

● **METRO**



## Danton joins small club in Sweden

Mike Danton's professional hockey career is resuming a long way from the NHL.

The 30-year-old forward is joining Swedish team IFK Ore, which plays in the third tier of the country's pro system. General manager Jens Nielsen confirmed the Danton signing to The Canadian Press on Friday, but declined further comment.

Danton spent the past two seasons with the Saint Mary's Huskies after serving five years in a U.S. prison for a failed murder-for-hire plot.

IFK Ore is based in the small village of Furudal, which is a little over 300 kilometres north of Stockholm. The team's arena has a capacity of 796 and averaged 169 fans per game last season. The top player on each team is typically paid around 20,000 Swedish Kronar (\$3,050) per month.

THE CANADIAN PRESS

JAMIE SABAU/GETTY IMAGES



► Brent Burns

## Sharks ink Burns for five-years

The relationship between San Jose and newly acquired Brent Burns has gotten off to such a good start that the all-star defenceman signed a \$28.8-million US, five-year contract extension yesterday before even suiting up for the Sharks.

The Sharks made the move to acquire Burns from Minnesota during the draft in June, trading a package headlined by talented forward Devin Setoguchi for the big, puck-moving defenceman that San Jose had been seeking. THE ASSOCIATED PRESS

# Rotation clicking as Jays hit road

- Morrow's 11-strikeout outing caps a strong run for Toronto starters
- While pitching has heated up, some key Jays bats have gone cold

DAVID COOPER/TORSTAR NEWS SERVICE



► Brandon Morrow pitches against the Rangers on Sunday.

It began with a shutout that was followed by two more wins and then a season-debut that was mightily impressive, even if it didn't end in victory.

And after Brandon Morrow finished up the week with an 11-strikeout gem in yet another excellent bounce-back outing for the hard-throwing righty, there was one undisputed fact.

As the Jays open a six-game road trip today against the Tampa Bay Rays, the starting pitching is more than holding its own.

"I think we've been throwing the ball well for a while now," Morrow said after holding the Texas Rangers to two runs over seven innings of Sunday's 7-3 Toronto victory.

"I think everybody in the rotation has found their stride. It's good to have (Brett) Cecil back and throwing the ball like he can, (Carlos) Villanueva's doing great and (Brad) Mills was awesome (Saturday) in his first major

### The rotation



The most recent performances from the rest of the Jays starters have been solid as well.

► Ricky Romero began it by limiting the Baltimore Orioles to four hits over 8½ shutout innings in a 3-0 win.

league start of the season). "Just kind of one of those things where you pass the baton and you want to keep going."

The starting pitching was able to mask some scuffling from the batting order, the kind of "we'll take care of you, you take care of us" teamwork that's necessary.

Jose Bautista hasn't had a home run in 14 games, his longest drought of the

► Carlos Villanueva was good enough over five innings of an 8-5 triumph Thursday to run his record to 6-2.

► Brett Cecil dominated the hard-hitting Rangers for seven impressive innings in a 3-2 Toronto victory the next night.

► Brad Mills made his season debut in the big leagues on Saturday and even though he was tagged with the loss in a 3-0 setback, he did more than enough in a two-run, seven-inning outing to keep his spot in the rotation.

season, Adam Lind is just 4-for-36 over his last nine games and Travis Snider has seen his production drop off so quickly after a torrid post-recall start (5-for-31 with no homers in eight games) he was out of the starting lineup against two Texas lefties on the weekend.

"I don't think we're at the point of saying Travis is solely a platoon guy," said manager John Farrell.

But what the Jays have now is a roster with more options for the manager. He can mix and match as he sees fit — Rajai Davis was in left Sunday, Edwin Encarnacion played first base for two games, J.P. Arencibia was the designated hitter Sunday — and the inevitable call-up of third baseman Brett Lawrie will make it even easier for the manager to dole out playing time solely on merit.

"I think competition brings out the best in players and yes, we're at the point where performance is weighed into the equation of spots in the lineup and playing time," he said Sunday.

"At some point you have young players come to the major leagues, you have to provide an opportunity not only to transition but to get to the point of being established, but when you bring multiple guys of similar skills and similar abilities, ultimately performance wins out."

TORSTAR NEWS SERVICE

## Moss ends NFL career, leaving legacy up for debate

Randy Moss is calling it a career after 13 seasons in the NFL as one of the most dynamic and polarizing players the league has ever seen.

Moss's agent, Joel Segal, said yesterday that the receiver was considering offers from several teams, but made the decision to retire. Segal declined to comment specifically on the offers, instead saying his 34-year-old client felt the time was right to step away.

"Randy has weighed his options and considered the offers and has decided to retire," Segal said.

If this indeed is the end for Moss, he leaves the game with some of the gaudiest statistics ever posted by a receiver. His 153 touchdowns are tied with Terrell Owens for second on the career list, and he's also fifth in yards (14,858) and tied with Hines Ward for eighth in receptions (954).

Those numbers, and his status as perhaps the best deep threat in NFL history, will make him a strong candidate for the Hall of Fame. But voters will also be weighing those numbers and his six Pro Bowl seasons against a history of boorish behaviour and a penchant for taking plays off when he lost interest in the game.

His career started with seven electric seasons with the Minnesota Vikings before he went dormant for two years in Oakland. He re-emerged as a force with the New England Patriots in 2007, hauling in a single-season record 23 TD passes from Tom Brady to help the Patriots reach the Super Bowl.

THE ASSOCIATED PRESS

JAMIE SQUIRE/GETTY IMAGES



► Randy Moss



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served basis. Interlock Roofing Systems are  
environmentally safe, come in many styles and  
colors, and are backed by a **Lifetime Limited  
Warranty**, 50 Year Transferable Non-ProRated.  
Maritime Permanent Roofing Ltd. is one of  
Nova Scotia's largest installers of metal roofing  
systems. Tens of thousands of satisfied  
homeowners across North America will never  
re-roof again with Interlock Roofing System.  
100% Financing Available. Please call im-  
mediately if you are thinking of re-roofing, as this  
is a limited time offer.

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1-902-864-0700

[MaritimeMetalRoofing.com](http://MaritimeMetalRoofing.com)

## General Services

## Landscapers/Gardening

**Give yourself more free time!**

- Landscaping
- Snow Removal (Book early get 10% off)
- Fall Cleanups

**Neat Lawn Care**  
403-1408 • [www.neatlawn.ca](http://www.neatlawn.ca)  
[chrislittle@neatlawn.ca](mailto:chrislittle@neatlawn.ca)

## Massage/Therapists

**John Panter, Certified Rolfer™**

**Are you  
tired of  
chronic  
pain...?**

902 425 2612 • [fareast@auracom.com](mailto:fareast@auracom.com)

## ANNOUNCEMENTS

## Community Events

Come and join in celebrating **INDIA FEST.**  
Aug.12,13, &14th 11am - 9pm at Halifax  
Forum. Food, entertainment, spices, cultural  
events etc. Free admission! **902-209-5031**

# Offspring flown the coop?

Here's your chance to  
reclaim your space!  
Sell your stuff with us.

Place your ad in  
Metro classifieds  
**metroclassifieds.ca**  
**1 800 527-6767**

**DARTMOUTH**  
Where Nova Scotia Comes to Save!  
469-9050 • [DDODGE.COM](http://DDODGE.COM)

	2009 Dodge Ram Sport 5.7L HEMI, 4X4, fully equipped Only 69kms		2008 Dodge Ram TRX-4 5.7L HEMI, 4X4, fully equipped Only 79kms
--	--	--	--

STK# 11RC910AA Just \$25,995 or \$115 WEEKLY OAC

STK# DC199707 Just \$19,995 or \$89 WEEKLY OAC

	2006 Chrysler PT Cruiser 4 cyl auto, fully equipped with sunroof Only 27kms		2009 Chrysler PT Cruiser 4 cyl auto, fully equipped Only 37kms
--	--	--	--

STK# DC317593 Just \$8,995 or \$59 WEEKLY OAC

STK# DC519401 Just \$12,995 or \$59 WEEKLY OAC

	2009 Pontiac Vibe 4 cyl auto, fully equipped Only 52kms		2010 Ford E-150 Cargo Van Only 20kms
--	--	--	--

STK# CH628183A Just \$13,995 or \$69 WEEKLY OAC

STK# CH312175A Just \$22,995 or \$89 WEEKLY OAC

	2008 Chrysler 300C 5.7L HEMI, fully loaded Only 54kms		2010 Dodge Grand Caravan 3.3L, auto, fully equipped with Stow N' Go Only 35kms
--	--	--	---

STK# CH201314 Just \$21,995 or \$99 WEEKLY OAC

STK# DC325724 Just \$20,995 or \$89 WEEKLY OAC

	2008 Jeep Liberty North Edition 3.7L, auto, 4X4, fully equipped Only 19kms		2007 Liberty Sport 3.7L, auto, 4X4, fully equipped Only 49 kms
--	--	--	---

STK# CH111210 Just \$19,995 or \$89 WEEKLY OAC

STK# CH557322 Just \$15,995 or \$89 WEEKLY OAC

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[metroclassifieds.ca](http://metroclassifieds.ca) or call 1 800 527-6767





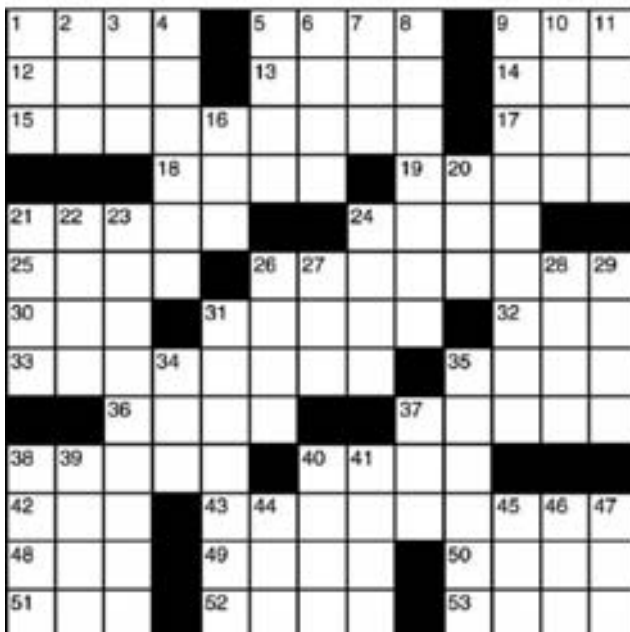
## Crossword

### Across

- 1 Wound reminder  
5 Conceal  
9 Second-stringer  
12 Tittle  
13 Press clothing  
14 Paid player  
15 Named in detail  
17 Maestro de Waart  
18 Barbra's A Star Is Born co-star  
19 Happen  
21 Bewildered  
24 Fresh kid  
25 NYPD rank  
26 Go where you shouldn't  
30 Eisenhower  
31 Cell, e.g.  
32 Pirouette pivot  
33 Adorn  
35 Staff  
36 Military group  
37 Connected to the Internet  
38 Big fracas  
40 String instruments  
42 Eggs  
43 Marking with bits of color  
48 Favourite  
49 Poi base  
50 Unsigned (Abbr.)  
51 Away from WSW  
52 Ugly duckling, eventually  
53 Invitation initialism

### Down

- 1 Family member  
2 Police officer  
3 Chowd down  
4 Din



- 5 Stereo setup  
6 Eye part  
7 Fawn's mama  
8 Sign the back of a check  
9 Bleacherite  
10 Pakistani language  
11 Loutish sort  
16 A Gershwin  
20 Upper limit  
21 Alkali neutralizer  
22 Snatch  
23 Guess  
24 Part of N.B.  
26 What this isn't  
27 Deteriorate  
28 Unrivaled  
29 Burpee wares  
31 Church VIPs  
34 Inseparable  
35 Obelisk, for instance  
37 Stir-fry pan  
38 Sulk  
39 Tied  
40 Designer Wang  
41 PC picture  
44 Dog's foot  
45 Office holders  
46 Thanksgiving mo.  
47 Econ. indicator

### ► Friday's answer



## Sudoku



## How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

### Friday's answer ►



## Send a KISS

You can now post your kiss, and read even more kisses, online at [metronews.ca/kiss](http://metronews.ca/kiss).

*My Blue Gal  
Hon, can't stop thinking about you. You got me spellbound n have not left me for a second. Sending you all my love, hugs, kisses n lots of fun. Have a lovely day! Love YOU crazy:)*

FROM DJ DANCE WITH ME

*Matt  
I haven't seen you in 2 days, and I have been thinking about you. How was Johnny Rockets? I hope you had a good time. =0)*

FROM R

*Eric  
Heeeeeee! I know how much u wuv kissees. Maybe u can shtop kissing me shoo much! I need to get some shweep! Wuv u. When you gonna pick me up? Hehhh?*

FROM BOO BEAR

## Today's horoscope

♈ **Aries** March 21-April 20 Success is all but guaranteed whatever you do but it will be greater if you focus on what you are passionate about.

♉ **Taurus** April 21-May 21 Give others the freedom you quite rightly expect for yourself — it's only fair.

♊ **Gemini** May 22-June 21 If you force yourself to stay at home or in the office you will get frustrated and pick fights with family and friends.

♋ **Cancer** June 22-July 22 Focus

on your career and how you can make extra money from your creative talents.

♌ **Leo** July 23-Aug. 23 Treat everyone you meet as a potential friend and before you know it they will be doing most of your work for you.

♍ **Virgo** Aug. 24- Sept. 22 Change yourself and everything else will change too.

♎ **Libra** Sept. 23-Oct. 23 Don't worry: your big gamble will pay off.

♏ **Scorpio** Oct. 24-Nov. 22 The sun in the career area of your chart will bring both opportunities and

For today's crossword answers and for expanded horoscopes, go to [metronews.ca](http://metronews.ca)

challenges. ♐ **Sagittarius** Nov. 23-Dec. 21 Think big, and act big too.

♑ **Capricorn** Dec. 22-Jan. 20 If you give away too much information about yourself today you will regret it for some time to come.

♒ **Aquarius** Jan. 21-Feb. 18 You must expect a certain amount of resistance from those you deal with on a one-to-one basis.

♓ **Pisces** Feb. 19-March 20. You'll have extra reserves of energy, and you're going to need them. ● SALLY BROMPTON

## Caption contest



**WIN! You write it!**

Write a funny caption for the image above and send it to [play@metronews.ca](mailto:play@metronews.ca) — the winning caption will be published in tomorrow's Metro.

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kia.ca

# RECORD BREAKING CLEAROUT

HURRY IN! OFFER ENDS AUGUST 2

## 2011 RONDO

OWN IT FROM **\$117\*** AT **1.49%** LOAN APR  
bi-weekly for 60 months amortized over 84 months. \$5,995 remaining balance. Includes delivery and destination, and PPSA.

PLUS **PAY UNTIL FALL\***

**7** PASSENGER SEATING AVAILABLE



Rondo EX-V6 shown

### ALL VEHICLES INCLUDE:



MP3/USB INPUT



BLUETOOTH CONNECTIVITY\*

**0% FINANCING AVAILABLE ON ALL 2011 MODELS\*\***

**PAY UNTIL FALL\***

**ON SELECT MODELS\***

**MOTORING 2011**  
CAR OF THE YEAR

**TOP SAFETY PICK 2011\***  
INSURANCE INSTITUTE FOR HIGHWAY SAFETY

**TOP SAFETY PICK 2011\***  
INSURANCE INSTITUTE FOR HIGHWAY SAFETY

**TOP SAFETY PICK 2011\***  
INSURANCE INSTITUTE FOR HIGHWAY SAFETY



Sportage EX Luxury shown



Sorento EX-V6 Luxury shown



Soul 4u shown<sup>2</sup>

## 2011 SPORTAGE

WAS ~~\$21,995~~ CASH PURCHASE PRICE FROM **\$18,995\***

NOW GET UP TO **\$3,000** IN CASH SAVINGS.\*



HWY: 6.9L/100KM (41 MPG)  
CITY: 10.0L/100KM (28 MPG)

## 2011 SORENTO

WAS ~~\$23,995~~ CASH PURCHASE PRICE FROM **\$19,895\***

NOW GET UP TO **\$4,100** IN CASH SAVINGS.\*



HWY: 7.4L/100KM (38 MPG)  
CITY: 10.6L/100KM (27 MPG)

## 2011 SOUL

OWN IT FROM **\$100\*** AT **1.49%** LOAN APR  
bi-weekly for 60 months amortized over 84 months. \$5,106 remaining balance. Includes delivery and destination, and PPSA.

**\$0** DOWN PAYMENT PLUS **PAY UNTIL FALL\***



HWY: 6.3L/100KM (45 MPG)  
CITY: 7.7L/100KM (37 MPG)



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\*5-year/100,000 km worry-free comprehensive warranty  
\*5-year/100,000 km powertrain warranty  
\*5-year/100,000 km extra care roadside assistance  
\*no deductible charge

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**KIA MEMBER REWARDS**  
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It's **FREE** and it's incredibly rewarding.



Offer(s) available on all new 2011 models through participating dealers to qualified customers who take delivery by August 2, 2011. Dealers may sell for less. Some conditions apply. Offers are subject to change without notice. See dealer for complete details. Vehicle images shown may include optional accessories and upgrades. All offers exclude licensing, registration, insurance, other taxes and dealer administration fees. Other dealer charges may be required at the time of purchase. Other lease and finance options also available. Dealers are free to set individual prices. Certain restrictions may apply. \*\*0% purchase financing is available on all 2011 Kia models on approved credit (OAC). Terms vary by model and trim, see dealer for details. Representative financing example based on 2011 Kia Forte's with a selling price of \$16,695, financed at 0% APR for 48 months. Monthly payments equal \$348 with a down payment/equivalent trade of \$0. Cost of borrowing is \$0, for a total obligation of \$16,695. Delivery and destination fees (\$1,455), other taxes, registration, insurance, licensing, PPSA (\$79) and dealer fees are excluded. Retailer may sell for less. See dealer for full details. \*Don't Pay Until Fall\* on select models (90-day payment deferral) applies to purchase financing offers on all models on approved credit (OAC) (2011 Sportage/Sorento/Borrego/Sedona excluded). No interest will accrue during the first 60 days of the finance contract. After this period, interest starts to accrue and the purchaser will repay the principal interest monthly over the term of the contract. <sup>1</sup>Model shown includes optional accessories and may not appear exactly as shown. <sup>2</sup>Bi-weekly finance payment for 2011 Rondo (RN7518)/Soul (S05508) based on an MSRP of \$19,995/\$15,995 is \$117/\$100 with an APR of 1.49% for 60 months, amortized over an 84-month period. Estimated remaining principal balance of \$5,995/\$5,106, plus applicable taxes due at end of 60-month period. Offer includes a loan credit of \$1,500/\$500, delivery and destination fees of \$1,650 and PPSA (\$79). <sup>3</sup>Cash purchase price for 2011 Sportage (SP5548)/2011 Sorento (SR5408) is \$18,995/\$19,895 and includes a cash credit of \$3,000/\$4,100 based on an MSRP of \$21,995/\$23,995. Delivery and destination fees (\$1,650), other taxes, registration, insurance, licensing, PPSA (\$79) and dealer fees are excluded. Available at participating dealers. <sup>4</sup>Highway/city fuel consumption of these vehicles may vary. These estimates are based on the Government of Canada's approved criteria and testing methods. Refer to the Government of Canada publication *EnerGuide Fuel Consumption Guide*. <sup>5</sup>2011 Kia Sportage/2011 Kia Sorento/2011 Kia Soul awarded the Top Safety Pick by the Insurance Institute for Highway Safety. The award is applicable to all 2011 Sportage/Sorento models manufactured after March 2010. Visit [www.iihs.org](http://www.iihs.org) for full details. <sup>6</sup>2011 Kia Sportage awarded Car of the Year by *Motoring 2011* for Best SUV/CUV (under \$40,000) and overall Car of the Year. Visit [www.motoringtv.com](http://www.motoringtv.com) for full details. <sup>7</sup>The Bluetooth® word mark and logo are registered trademarks and are owned by Bluetooth SIG, Inc. Some conditions apply to the \$500 Grad Rebate Program and \$750 Kia Mobility Program. See dealer for details. Information in this advertisement is believed to be accurate at the time of print. For more information on our 5-year warranty coverage, visit [kia.ca](http://kia.ca) or call us at 1-877-542-2886. Kia Canada is the official automotive sponsor of Mothers Against Drunk Driving (MADD Canada). KIA is a trademark of Kia Motors Corporation.



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